



FLOUR POWER -

ALTERNATIVE FLOURS







Bread, pasta, muffins, and doughnuts – they are all delicious and beloved by consumers worldwide, and they all share a primary ingredient: **flour.**

For decades, most food producers used refined white flour to craft their foods. However, white flour is a highly refined substance that has minimal nutritional value, possesses a high glycemic index, and contains gluten. ARS scientists have developed new alternatives to refined white flour that allow consumers with certain dietary needs to enjoy foods like cake and pizza without elevating their health risks. To top it off, these new flours are also more nutritious to the average consumer. These include:

- Peanut flour, a dry powder formed after the partial extraction of oil from roasted peanut seed.
 Peanut flour is naturally low in fat, high in protein, and relatively low in carbohydrates.
- Amaranth-oat flour is as versatile as ordinary wheat flour, but provides more essential amino acids and may lower blood cholesterol.
- Chia-oat flour is rich in Omega-3, which helps lower cholesterol and prevents coronary heart disease.
- Wine grape seed flour uses disposed grape seeds during the winemaking process, and contains important compounds such as proteins, lipids, and antioxidants. The flour may also significantly reduce cholesterol levels and even decrease abdominal fat.

So, for your next baking or cooking adventure, consider using a flour that's full of vitamins, minerals, protein, and fiber – now, that's flour power!

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